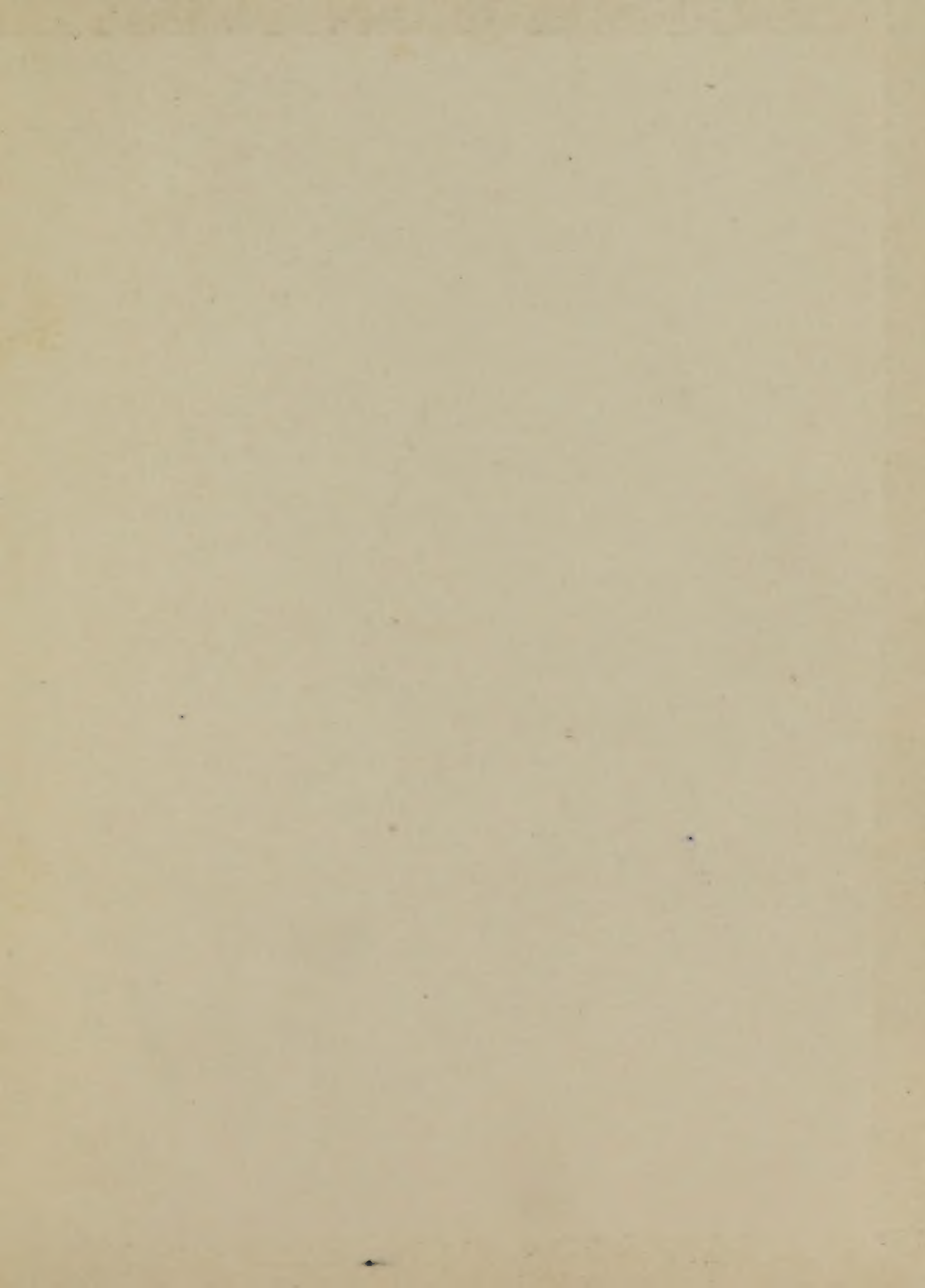


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BETTER THAN GOLD :
OR,
LIGHT OUT OF DARKNESS.

HAY FEVER AND CATARRH YIELD TO NATURE'S
WAY OF TREATING THE BLOOD.

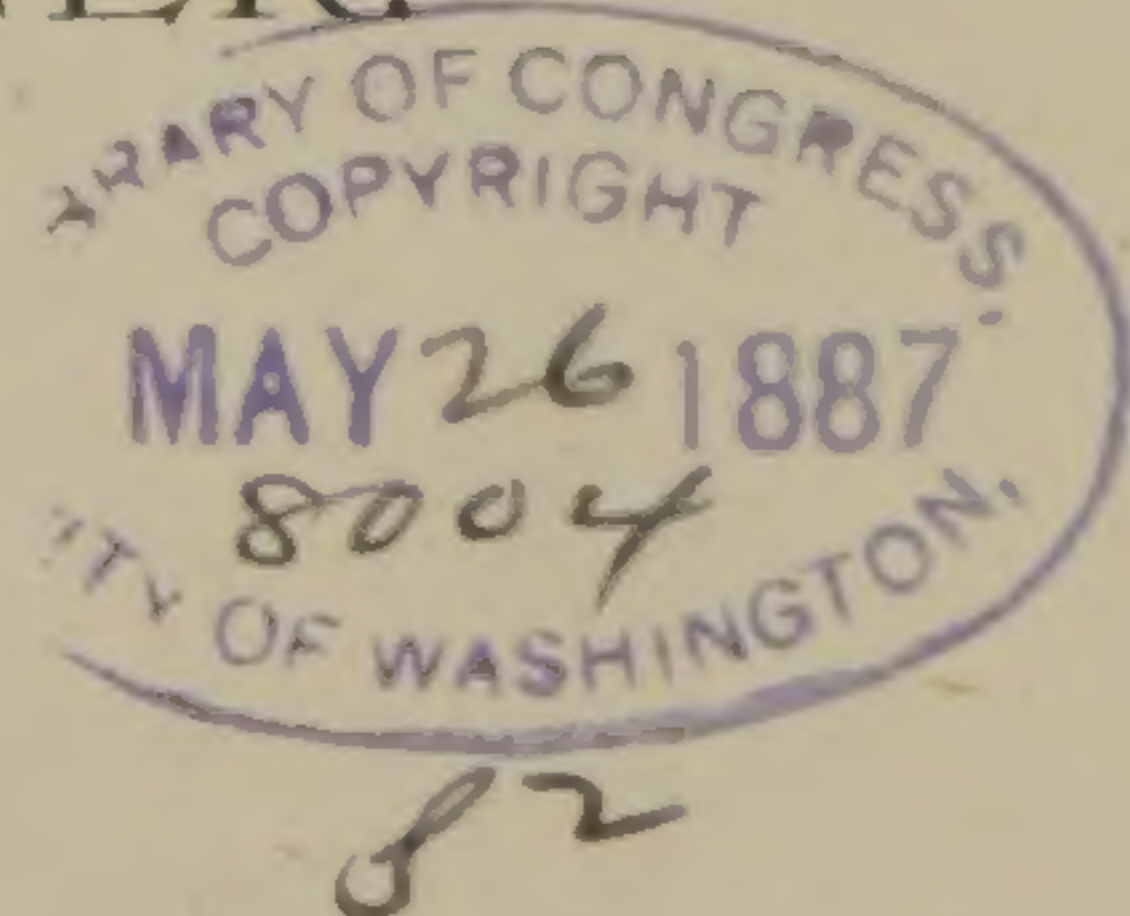
SCIENCE AND NATURE COMBINED, COMPEL THE
DISEASE TO EXHAUST ITSELF.

BEING A FULL AND CONCISE STATEMENT OF FACTS, WITH
ALL THE FORMULA AND INSTRUCTION NECES-
SARY FOR PERSONS TO SUCCESSFUL-
LY TREAT THEMSELVES.

ALSO, A BADGE OF PEARLS TO LADIES.

BY DR. E. C. SINGER.

NATRONA, PA.
PAUL F. VOIGHT,
1887.



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Preface.

I would give as a reason for presenting this treatment for catarrh, hay fever, etc., to the public, this fact: That where catarrh is in a family the members all suffer, more or less, with it; they don't feel able, as a rule, to pay \$15 or \$20 each for treatment, and they conclude to have the worst case in the house treated. Treatment commences. It is very slow in overcoming the disease, from the fact that the patient is continually breathing an atmosphere impregnated with catarrh from other members of the family. But after much patience he is well. However, he or she must room or sleep with another person who has catarrh, breathe the same impure atmosphere, then, under certain conditions of the system, may take the disease again.

But if they have the treatment within themselves, the whole family can be treated with less cost than one can be treated by the author of

PREFACE.

this book. Again, this treatment in book form will reach thousands of sufferers that the author cannot reach in person. It is his desire and wish that all should have an opportunity of getting the benefit of this wonderful treatment.

Thankful for the encouragement received from the public in acknowledgement of the benefit they have received in being relieved of that loathesome disease, and their expressions of gratitude at the return of health and vigor, makes my own heart thankful to my heavenly Father, that under His providence I have, and I trust will continue through His blessing to do much good to my fellow beings.

THE AUTHOR.

NOTICE.—Persons buying this book have the right to use it in their own families, but not to sell or give the treatment to any one else.

WHAT IS PAIN ?

PAIN is the effect of a contest between nature and disease. Nature requires an unobstructed flow of blood from the heart to the extremities of the body and then back to the heart again, from the heart to the lungs, where it is purified or oxidized, then sent back to the heart again, from thence to the extremities of the body, and so on ; but should the veins become obstructed, or partially so, from some foreign substance interfering with the free circulation, then the parts become surcharged with blood, and pain is the result.

If a small stream of water ran past you, and a rock or something falls in and obstructs the channel, so that the water would dam up, the consequence is that it would seek a new channel,

but remove the obstruction and the water goes back to its natural channel and with its natural force.

It is so with the blood. Remove the obstruction that interferes with the free circulation of the blood to and from the extremities to the heart, then there is no longer pain, no longer is the heart required to make such gigantic efforts to perform its functions, every thing moves on (unobstructed in harmony and in health.

Now we propose to show in this work how the obstructions are to be removed, what they are, and what causes them.

First, find the cause, whether stomach, liver, or kidney. Now, if either of those organs are affected, the next thing to do is to find what has affected the part. Now, we will suppose the stomach fails to perform its functions properly, and what is the consequence? Bad blood, bad nerve fluids, all secretions come under par, and every tissue of the body suffers. What must be done? The doctor says, "Take a dose of calomel, clean out your system, take tincture of iron and tone up your stomach." You do so—you feel

better, but of short duration. You are soon suffering from indigestion again, and you employ somebody else. He says :

“Why, man, your liver is bad; you must take blue mass to regulate the bile and take iron to tone the stomach and make blood.”

You do so. You are still neither sick nor well. You worry on for awhile, then you go to somebody else and say, “Doctor, I’m not well; I have headache, can’t sleep at nights, have pain in my left side, my stomach is always sour, and there seems to be something sticking in my throat that keeps me swallowing all the time, and yet I never get it swallowed. In the morning I have a desperate cough, and though the cough seems tight at first, when I get it started it’s wonderful the amount of stuff I spit out. It appears to come down out of my head. It can’t be my lungs, or I would have spit them away long ago from the amount I spit.”

“Oh, no,” the doctor says; “this cough is caused by the liver, and the mucus, or phlegm, comes up from the stomach and is created through indigestion.”

But the patient says, "Doctor, it can't fall up, it falls down out of my head into my throat. I feel it plain enough. Sometimes it has a bad smell and taste, and then my head does not ache till I get a new cold, which I do on the least exposure to drafts of air."

"Well," the doctor replies, "it is all from your stomach. I assure you that the mucus is caused by indigestion."

"But, doctor, by what process does nature get that mucus up into the head, so it can annoy me by dropping down into my throat?"

The doctor replies, "There are many things we cannot account for that never-the-less exist, and though science fails to make it clear to the common mind, you can rest assured that it all comes from your stomach and liver. Every fetid breath that passes from your nostrils shows the foul condition of your stomach."

"Why, doctor, I never knew our breath went into the stomach. I always thought the air we breathe went into the lungs and right out again."

"Please excuse me," the doctor says; "I have an important call to make, call again. Good day."

Patient muses: "Common minds ; breathe bad breath from the stomach ; sudden call to make ; call again ; good day — Science fails to make my poor unscientific mind compre — I wonder what that piece of paper is tossed here by the wind ? I'll get it." He picks it up and reads, "Singer's Magic Catarrh Inhaler and Assistant Treatment. This is my case exactly. Yes, it runs down into the stomach and produces catarrh there. Yes, I see it all now. No wonder I'm weak and sick. I've been breathing through this rotten matter in my head and swallowing it for years, the disgusting, filthy, rotten stuff. Nature says it falls down into the throat, science says it falls up from the stomach. Of course my common mind can't give a reason for this scientific arrangement of the stomach, so I will agree with nature, as I understand her logic. I'm a son of nature myself, created by natural laws, and I believe in science as long as it agrees with the laws of gravitation and other natural phenomena. Singer's Catarrh Treatment seems to be founded on both nature and science."

The foregoing is the substance of a conversation between a doctor and patient, and the patient

soliloquizes, after the doctor left him, when he was interrupted by the wind tossing the author's circular in his way. He took treatment and is a well man to-day, and believes in Singer's scientific arrangement of compelling catarrh to exhaust itself by increasing the expectoration.

ADVANTAGES

OF HAVING A FORMULA.

YOU save the trouble and the price of the prescription. You have the medicine always on hand, when, if necessary, you can use a great deal of it at a small cost. Liniments require to be used very freely externally in rheumatism and all pain, and should be composed of the best material of medicines, such as act on the blood as vitalizers. A medicine or liniment that is not good to take into the stomach is not fit to rub on the outside. Poison does not kill while it is in the stomach, but after it gets to the blood

it does its fatal work. So the most fatal way to use a poison is to rub it into the pores of the skin on the outside, then we should be careful what kind of liniments we use.

The Victor Liniment is composed of internal medicines and differs from other liniments in this fact: It is a thorough blood medicine, whether applied externally or taken internally. You ask the question, "How can medicine get into the blood when you rub it on the outside of the body?" Well, I will explain that fact to you.

The skin or covering of the human body contains millions of little vessels called absorbents. When any part of the body is rubbed with the hand these little vessels, or absorbents, become excited, open up their funnel-shaped mouths, and drink up medicines very rapidly and carry it to innumerable little blood vessels, called capillaries, which in their turn carry it to the veins, the veins to the arteries, and the arteries to the heart, thus diffusing itself through the whole system and reaching every part of the body. The fact is we contract most of the diseases from the surface. For instance, you are perspiring and cool off too

suddenly, and you take cold. The sudden change from heat to cold has stopped the throwing off of the decayed particles of the body which were passing away in the form of perspiration.

You put all the power on machinery it will stand, and the wear and tear is much greater than with moderate power. It is so with the human body. When it is put in rapid exercise the wear is much greater than when in moderate exercise. Now, the body is continually wasting away, (though imperceptibly, when we are not perspiring or sweating) hence the necessity of keeping the perspiratory organs in healthy condition. If the perspiratory organs are closed by cold these worn out particles that would have passed away by cooling off slowly remain in the blood, and something must be done, and done soon, or the consequence may be serious. The only thing to be done is to cause a reaction to the surface. You have the very remedy in the Victor Liniment that is needed at such a time. It neutralizes poisons, dissolves hard substances, vitalizes circulation, and imparts a life giving principle to the blood and promotes a healthy flow to all the se-

cretions. The following is the formula for making the Victor Liniment:

FORMULA.

Oil of Hemlock,.....	1 oz.
Oil of Cedar,.....	1 oz.
Oil of Sassafras,.....	2 oz.
Oil of Origanum,.....	2 oz.
Aqua Ammonia,.....	2 oz.
Tinct. Capsicum,.....	2 oz.
Spirits Turpentine,.....	1 oz.
Gum Camphor,.....	1 oz.
Alcohol, (95 per cent.)....	$\frac{1}{2}$ gall.
Tincture Santallum,.....	2 drs.
Oil Citronella,.....	$2\frac{1}{2}$ drs.

You can get half this amount made by taking half of everything. When it is all put together in a bottle it is ready for use, though it is nicer if run through filtering paper. The druggist will tell you how to do that, or he will prepare it for you, if you take him a copy of the formula.

You can rely on the above Liniment in the following diseases: Rheumatism or other severe

pains, apply very freely three or four times a day, externally, rubbing the parts gently with the hand, and at the same time take 20 to 30 drops internally in a little water. It will be found beneficial in all cases of severe pain to apply hot boards to the seat of pain after taking the liniment.

Kidney disease, Bright's, or where there is an excessive flow of urine, or difficulty in voiding it, use an ounce or two of the Victor Liniment, rubbed in over the small of the back ; dose, 20 to 30 drops three times a day ; if pain in the back, wear a plaster of Red Dragon Salve.

“The Victor Liniment cured me of Bright's disease of the kidneys after the doctors gave me up.
“MRS. M. L. WINSOR.”

QUEENSTOWN, PA.

Diphtheria, malignant form, 20 to 30 drops of the Liniment on sugar every two hours till the membrane or coating begins to die. The intermediate hour give half a teaspoonful of the dry flour of sulphur. When the breath becomes fetid and bad give a teaspoonful of pulverized charcoal ; make it a little damp, so that it doesn't

strangle the patient. Also, apply the Liniment to the outside of the throat till it reddens the skin. Any other sore throat can be treated in the same way, doses not so large nor so often. The above is the best treatment in use for diphtheria

In lung disease, cough, asthma, bronchitis, difficulty in breathing and soreness of the chest, use the Liniment freely over the breast and shoulders, as the case may require, 10 or 15 drops taken three times a day.

Neuralgia, pain in the face, headache, bathe the part with the Liniment. Pain above the eyes, put 5 or 6 drops in a tablespoonful of water, then snuff it up your nose from your hand. This is also a good eye wash in sore eyes.

In white or other swellings, apply three or four times a day; if a running sore, wear a plaster. Take it off once a day and wash the sore with warm water and castile soap. Take the Liniment internally in 10 to 15 drop doses, or take flour of sulphur in 15 grain dose; three times a day.

Corns, warts, bunions, and other excrescences

and felons, lay a small bit of cotton batting (as large as a bean) on the part, saturate it with the Liniment, keep it there 15 or 20 minutes at a time. It will kill any felon and most of the other excrescences without fail if persevered in.

Cramps in the stomach or bowels : dose, from a half to a teaspoonful every five minutes until three or four doses are taken ; put flannel on the bowels wet with the Liniment.

Diarrhœa : dose, 20 to 30 drops, as often as the bowels are moved.

GROUP.

Mr. Patterson, of Manor Tp., Westmoreland Co. Pa., says one of his children was subject to croup. Twice the Doctor gave it up to die. He then used the Victor liniment externally and a few drops internally on sugar and saved its life, the third time it took croup he was unable to get the Victor Liniment and the child died. He afterwards bought the formula, so that he can prepare it himself and have it at all times. Whenever your child is croupy use the liniment well over the throat and breast. But, if membrane croup has actually set in, you must vomit the patient. The best and safest vomit is a teaspoonful of pulverized alum, in molasses or honey given every ten minutes till the patient pukes freely, at the same time use the liniment out side as directed and you will save your child.

The Victor Liniment is a good stomach remedy. In many forms of dyspepsia there is nothing better. Dose, from 5 to 15 drops in a little sweetened water, two or three times a day, after meals. If acid is troubling you, a teaspoonful of charcoal will relieve you ; or put two ounces of pulverized charcoal in a pint bottle, fill the bottle three-fourths full of water, shake well till mixed, then take a mouthful on an empty stomach twice a day.

The fact is, the Victor Liniment can be used in every ache and pain we are heir to ; and I repeat again, that it is perfectly safe and reliable. I beg leave to add one more item, and that is, it is one of the best horse medicines in use. I knew of four horses being cured in one year with the Liniment, after everything else had failed and the animals given up to die. The dose is from an ounce to an ounce and a half in one-half pint of water. Try it,—good for all animals.

VICTOR COUGH SYRUP.

There has grown out of the Victor Liniment another very valuable medicine, the Victor Cough Syrup, made from the following

FORMULA.

Dissolve two and one quarter pounds of white sugar in 20 ounces of water (don't boil it) keep near boiling point, stirring all the time with a stick till dissolved; Then put 14 ounces of the Victor Liniment in a three-quart bottle, add to it one half ounce oil of tar and one-half ounce fluid extract of ipicac, then add your syrup of sugar, shake well, and you have the best syrup made, so the people say. Good for the lungs, throat, and all coughs, dose from 15 to 30 drops. Always shake it well, so that everything mixes thoroughly before taking.



RED DRAGON SALVE.

I now give you another prescription which is very old, and perhaps the best made, at least where it has been tried it takes the place of the best of them, and any person can wear it, unless

there is erysipelas in the blood, then the salve is too irritating, though in that case you can leave out the verdigris, and then have a good saive.

FORMULA.

Rosin,.....	2½ lbs.
Burgundy Pitch,.....	2 oz.
Beeswax,.....	2 oz.
Mutton Tallow,.....	2 oz.
Oil Hemlock,.....	½ oz.
Balsam of Fir,.....	½ oz.
Oil Origanum,.....	½ oz.
Oil Red Cedar,.....	½ oz.
Venice Turpentine,.....	½ oz.
Oil Wormwood,.....	¼ oz.
Verdigris,	½ oz.
Dragon's Blood,.....	½ oz.

To make the Red Dragon Salve, put all except the oils and verdigris in an iron pot, place over a slow fire, keep stirring all the time till everything is melted (don't get it too hot, so that it burns),

then take an old tea cup, put the verdigris in the cup, pour half the oils on it, stir it well with a stick till mixed with the oils, then pour it into pot, still keeping the pot on the fire, and stir quite awhile, then pour in the balance of the oils, keep on the fire and stir till thoroughly mixed, cooking it up well. Then have an iron kettle handy with a couple of buckets of moderately cold water in it, pour the contents of the pot into this water, working it under the water with the hands till it is cool enough to pull, then pull it as you would wax or taffy, cut it into sticks two inches long, and it is done.

How to make a plaster—we'll say for the back : Take a piece of soft, thin leather or heavy muslin or oil cloth, 6 to 8 inches long by 4 or 5 inches wide, round the corners a little, then take a piece of your salve and a hammer, and smash the salve over what you have to put it on until it covers it about as thick as paper, then lay it before the fire, and as it melts smooth it over with your wet thumb (don't use hot iron, it burns it and destroys the plaster) and it is ready for use. You make any other plaster in the same way.

The plaster is good for weak back or any kind of pain, rheumatism, or neuralgia. It is much better to use the Victor Liniment on the parts three or four hours before putting on the plaster.

I would add that if you get these formulas give them a thorough trial, and the longer you use them the better you will like them. No person can object to the use of external medicines when not too fiery. Of course, through selfish motives or ignorance, some may not understand them properly. I will tell you some things I have done with the Victor Liniment.

A middle-aged gentleman in Armstrong county, Pa., was suffering from rheumatism of the heart. The best medical skill had failed to give any relief, the patient fairly gasping for breath. About half a bottle of Victor Liniment was rubbed in over the heart, and half an hour afterwards he was resting easily, and with the use of a few ounces he recovered. I also used it in a case of typhoid-pneumonia, when death was momentarily expected. Great beads of perspiration covered the whole body and the powers of life were fast giving way. I took a coarse towel,

wiped the body dry, and applied the Victor Liniment freely all over. In a few days he was improving rapidly, and soon recovered, which is another case where Victor Liniment has shown its life-giving principle to the blood.

I could give you case after case where the wonders of this Liniment have been shown in restoring the sinking powers, but this is all that is necessary. To people who have tried it I have sold many formulas at five dollars each, for private use, and have received as high as fifty dollars for store right to manufacture and sell.

EXTRACTS FROM LETTERS

E. C. SINGER: — My wife suffered for weeks from pain and aching of the muscles of the leg. Weeks she was unable to turn in bed; we despaired of her ever getting well. I obtained a bottle of your Victor Liniment and a roll of your Salve and to our astonishment, the pain left the leg after the second bathing of the Liniment. We then put on a plaster, and in one week she was as well as ever. I never want to be without the Victor Liniment, it is so good for everything we have tried it for.

JOHN WHIRLOW.

PLUM CREEK, PA. June 1st 1878.

Your Victor Liniment and Victor Cough Syrup has entirely broken up my daughters whooping cough, and she is improving very fast as to her old trouble on her lungs.

JOHN HAINES,
DANVILLE, BUTLER Co., PA. Oct. 17 1878.

E. C. SINGER;—My Son had been in Pittsburgh, was treated for inflammatory Rheumatism, got no better, used your Victor Liniment and it cured him. Has had no symptoms since, nearly two years.

D. SHANER,
HAYES CORNERS, BUTLER Co., PA. Nov. 14 1876.

E. C. SINGER;—I was dreadfully afflicted with kidney disease and pain in the back, your Victor Liniment and salve has cured me.

MRS. R. RUMBERGER,
DANVILLE, BUTLER Co., PA. April 15, 1878.

E. C. SINGER;—Dear Sir: Since using your Catarrh Inhaler and Assistant treatment, I have no headache. no indigestion and no sleepless nights.

MISS. JENNIE YOUNG.
OAKLAND, ARMSTRONG Co., PA, July 15, 1885,

E. C. SINGER,—Dear Sir: Sister Margaret and I have been afflicted with Catarrh for years; have used different treatments without seeming to benefit, until we used E. C. Singer's Treatment which has given the highest satisfaction and cheerfully recommend it to others. Yours truly,

MISS. SALLIE ROSS.

E. C. SINGER,—Dear Sir: I had almost despaired of getting well of catarrh, even after using your remedy for some weeks I was doubtful; but after the second month I improved rapidly, and now enjoy good health. Your treatment seems to work an entire change in the constitution. Gratefully yours,

REBECCA CHRISTIE.

ROSTON, ARMSTRONG Co., Pa. Oct. 28, 1885.

MEDICAL TESTIMONY.

Read what a physician of forty years practice says: "I have used E. C. Singer's Medicines for years with such satisfaction that I was induced to get the formulas and use them in my practice. The Medicines are purely vegetable, free from poison, and are all he claims for them.

"FREDERICK DIBLER, M. D."

NORTH WASHINGTON, P. . Sept. 4th, 1887.

This closes the first part of this little book. I might add hundreds more to the testimonials, but deem these sufficient to convince the most skeptical mind of the wonders of the Victor Liniment. When you have it in the house you can rest assured that you have something you can rely on in every case of emergency. — Try it, and you will, with hosts of others, bear me in grateful remembrance.

THE AUTHOR.



SINGER'S
MAGIC CATARRH INHALER
AND ASSISTANT TREATMENT.

The most certain, speedy, and effectual cure known. The use of the inhaler alone relieves headache, and in most cases cures. The Inhaler is a glass bottle partly filled with a compound liquid that is known to kill the catarrh germ, through which a current of air passes, carrying with it the medicinal properties of the liquid into the throat and lungs, thus permeating every avenue that is possible for catarrh to reach.

But you ask, What is Catarrh? I would simply answer that Catarrh is a chronic inflammation of the mucous surfaces or internal linings of the

nose, frontal bones of the head, face, veil of the palate, throat, etc. The symptoms are many. The most common symptom is taking cold in the head upon the least exposure to draughts of air or dampness, which produce some of the following results: Burning in the nose, pain above and around the eyes, dullness of sight and hearing, dizziness, headache, a thin, watery matter running down the palate, only noticeable by a continual swallowing or hawking up a tough phlegm sometimes crudded; this may soon terminate in Ozena, when ulcers form in the head, producing a foetid, mattery mucus, sometimes falling down into the throat, which is not only offensive to the individual himself, but to others who may inhale their breath; and it is very dangerous, not only finding its way into the windpipe, producing bronchitis and consumption, but may go through the throat into the stomach, destroying the coating of the stomach, poisoning the blood and nerve fluids, and may disease any part of the body.

I have given you some of the symptoms of this dread disease which is affecting four-fifths of hu-

manity, more or less, and yet the greater part of those suffering are not aware of it. It is so insinuating in its incipient stage that before we are aware of it, it has become so completely seated that it is considered incurable by many of our best physicians, who have satisfied the people that there is nothing in the regular treatment that will cure catarrh. But "Light has come out of darkness." There is no disease but its antidote may be found in the vegetable kingdom.

The fact is, I believe that catarrh is the cause of every chronic disease. In these years that I have been turning my attention to catarrh and its sympathies (any chronic disease), I find that when catarrh is cured the patient soon gets well of the other troubles. Here is the case of an elderly man who had suffered for over three years from partial paralysis, so that he was unable to walk without assistance. He was treated all this time, by eminent physicians, for his spine, stomach, liver, and kidneys. When I examined him he asked me which of the doctors was right. I told him they were all right and all wrong. Wrong because they failed to treat the cause of

the trouble; and right because the liver, stomach and kidneys were in sympathy with the cause.

I told him he had catarrh of the head in its worst form. He replied that he never had catarrh of the head; had never been afflicted like those who have catarrh, but after a little reflection he asked me how catarrh could do this. I replied that doctors recommended us to keep our houses well ventilated, especially our sleeping rooms. The reason of this is that the blood, after leaving the heart and passing through the whole body, returns to the heart in an impure condition, of a dark purple color, unfit for re-circulation. It is then thrown to the lungs, where the blood undergoes its great change. It here becomes oxygenized and decarbonized,—that is, charged with oxygen and freed from its carbon, and thereby changed from dark purple to a bright red color and made fit for re-circulation and all nutrition. This change is made by the action of the atmospheric air taken into the lungs while breathing. The pulmonary arteries divide and sub-divide into innumerable branches which distribute themselves in the capillaries. These lit-

the vessels surround the air cells of the lungs, forming a kind of net-work around them, so that when the air is taken into the lungs and these cells are filled with it, a chemical action takes place between the blood and the air.

“The cells and capillaries are so very thin that the oxygen escapes through them from the air and unites with the red globules, or iron of the blood, producing a red oxide of iron, while at the same time, the carbon, which the blood has taken up in its rounds through the body and which gives to it its dark color, is either burnt up by the oxygen or escapes through the air cells and passes out along with the breath when ejected from the lungs. Thus the blood becomes purified and ready for use again. It is now of a bright red color.

“Now,” I continued, “you have had catarrh in the head for many years, and no matter how pure the air you have breathed, it had to pass through a mass of corruption in your head, disqualifying it from decarbonizing and oxygenizing the blood, and not only that, but carrying the very germ of the disease to the blood. Hence, your blood be-

came black and failed to supply nutriment to the body, and therefore, paralysis."

His answer was, "Why, my blood has been black for years ; before I was paralyzed I noticed that when I got scratched so that it would bleed, my blood was a dark purple."

He took treatment and in a few months was able to go to work.

I have often been asked if there was anything in my treatment good for rheumatism. I would ask them why. They would say that they had been troubled with rheumatism for years, but since they got well of catarrh they feel nothing of rheumatism. Others will say they have no more headache since they took my catarrh treatment. And thus it is. I might go on and give hundreds of such instances, but this is enough.

You next wonder how this discovery came about. It was this way : I was a brashy creature all my life, subject to rheumatism, indigestion, and severe headaches up until the last ten years, and as my mother had been an invalid the last sixteen years of her life, I thought I couldn't be anything else, so I was advised to read medicine.

I did so, under Frederick Dibler, M. D., of North Washington, Westmoreland county, Pa. But not liking some things in the practice, followed other vocations until about 14 years ago, when I discovered I had catarrh. Chunks of foetid matter or mucus would fall down from my head to my throat. I went to one of the best doctors in Western Penn'a, and told him my symptoms.

He said, "Why, you have catarrh of the head in its worst form, ozena. If I could cure catarrh I would cure myself. But we know of no cure for it. Keep your blood in as good condition as possible, and use salt water up the nose, is the best thing I can tell you. You are not very healthy, and catarrh always keeps up some chronic trouble."

This, coming from the source it did, was very discouraging, for I was suffering at that time from pain above my eyes, terrible noise in my head and ears, double vision, and a disagreeable burning in my nose. I tried almost everything I heard of, but no relief for a year. I then secured a medicine that would give relief until I would take a new cold.

THE DISCOVERY.

I was led to study the nature of catarrh. I became satisfied that if it only affected from the nose back into the throat we could reach it with washes snuffed up the nose back into the throat, but I found that we must go farther than that. The germ catarrh finds its way from the nose around, under, and above the eyes, through the frontal bones of the head, around the drum of the ear, and back under the brain pan to the occipital bone. The germ catarrh passes through the head and throat into the lungs, where it enters very minute blood vessels, called capillaries, and carried by the veins through the entire body, and wherever it finds a weak place it may form a nucleus, and this becomes the seat of suffering.

Hence, I became satisfied that to reach catarrh fully and entirely we must use a medicated air. Under this impression I went to experimenting

on myself, believing that there was an antidote for every ill we are heir to, if we only knew what it was and how to use. After many trials I realized the full measure of my expectations. It is in the formula which is given in full farther on, and may be procured at any of the drug stores, or growing around us. It is easily prepared and perfectly safe.

- The treatment for catarrh is in three sections. The first section consists in inhaling a medicated oxygen or air and washes, in regulating the bowels, and getting the digestive organs in healthy condition.





SINGER'S MAGIC CATARRH INHALER

AND ASSISTANT TREATMENT.

The Inhaler is a glass bottle partly filled with a compound liquid that is known to kill the catarrh germ, through which a current of air passes, carrying with it the medicinal properties of the liquid into the throat and lungs, thus permeating every avenue that is possible for catarrh to reach.

TO PREPARE THE INHALER.

To two parts of Golden Seal (yellow root) add one part Blood Root, that is, take twice as much Golden Seal as you have of Blood Root; grind them coarsely in a coffee mill, and mix thoroughly; then put a tablespoonful of this into the Inhaler, and add to or pour into the Inhaler, on top of the powder, three tablespoonfuls of No. 1 (which is Victor Liniment with the addition of one ounce of acetic tincture of blood root to five ounces of the Victor Liniment.) After a few hours it is ready for use. If too strong add a few drops of water. Use two or three times a day, and when the liquor is all evaporated off the powder clean out the Inhaler and fill up as before.

You must be your own judge as to how long to use it at first, though it can do no other harm than to make you dizzy. After using the Inhaler three days you commence to use No. 3 and No. 4, as they are called.

No. 3 is made by taking three ounces of Lini-ment to one ounce of tincture of Blood Root. Directions:—Shake the bottle, and then put 25 to 30 drops in three tablespoonfuls of tepid water, draw or snuff up the nose a few times, so that it falls back into the mouth; spit it out, gargle the throat well with the same; then in a few minutes after use No. 4.

No. 4 is made by putting 2 drachms of Iodine (chrystals) in 4 ounces of Glycerine; let it stand till it dissolves all the Iodine—it will dissolve. The object of this wash is to coat over the membrane, to protect it from cold,—at the same time it is healing. Directions for No. 4.—To a table-spoonful of soft water, luke warm, take 10 to 20 drops of No. 4; snuff a teaspoonful up each side of the nose, so that it runs back into the mouth. Spit it out, as it is best not to swallow this wash, though it is not poisonous.

Use the above washes every third evening the first two weeks, every second evening the second two weeks, and every evening the third two weeks. This is what we call the First Section. The Second Section consists of all the foregoing, or First Section, with the difference that you decrease in using Nos. 3 and 4. That is, use them every evening the first two weeks, every second evening the second two weeks, and every third evening the third two weeks. This takes up about three months in all, and should be used in that time. At the end of the first six weeks, or as soon as you have the first section used, take the following:

Good Whiskey, $\frac{3}{4}$ of a pint.

Flour of Sulphur,2 oz.

Water,4 oz.

Put all in a bottle and always shake till the sulphur and liquor is thoroughly mixed then take a mouthful quick before it settles, gargle it well back in the throat then swallow it, do this two or three times a day, always remember to shake well before using. Before using the above gargle wash the

throat out with salt water to clean it, don't drink or eat anything soon after using the sulphur; the object is to let it adhere to the throat as long as possible, while it acts as an absorbent to the inflamed throat, it is one of the best germ destroyers in use, and should be taken in such doses as to act as an alterative that is to gradually change the condition of the system restoring healthy functions without producing sensible increase of the evacuations.

In commencing the above treatment if the bowels are constipated, liver inactive or the stomach is not acting right, the following pill should be used.

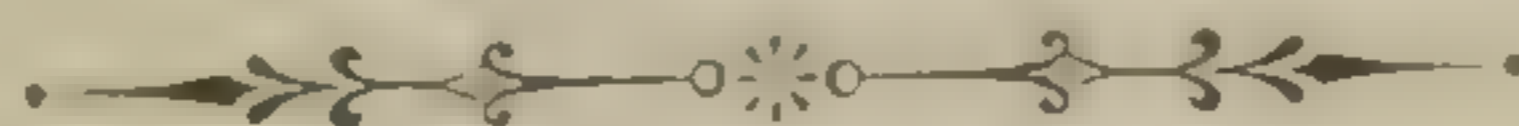
Put into a wedgewood mortar 40 grains of extract hyoscyamus, then pour on that a tablespoonful of fluid extract of dandelion (taraxacum) triturate or rub with the pestle till the hyoscyamus is thoroughly dissolved, then add to it 40 grains of pulverized gum arabic, triturate well again till the gum is dissolved and well mixed; then add 40 grains of capsicum, triturate it till it is well mixed; then one-half ounce of podophyllin, triturate all together and form into a mass. Use enough of the dandelion to make it about consistency of bread dough, then roll out into small

rolls in pulverized licorice root ; make in grain pills. Dose from one to three on going to bed. If they don't operate by morning take one or two more, after they have worked off. Take from half to one pill every evening before you eat supper or just enough of a pill to regulate the bowels, without operating as a cathartic. You had better give this prescription to the druggist and let him make the pills for you, they won't cost you much, and the pills are very small. They should be made right as they are the best pill known in liver complaint, constipation, neuralgia, and piles. Taken as directed above, also good in dropsy of the bowels and good as a common physic. Below is the formula copy which give to the druggist if you want him to make the pills.

FORMULA.

Ext. Hyoscyamus,.....40 grs.
Fl. Ext. Taraxacum, enough to form a mass.
Gumarabic (pulv.)40 grs.
Capsicum,.....40 grs.
Podophyllin, $\frac{1}{2}$ oz.

Make in grain pills.



YOUR EXPERIENCE.

It takes three months to cure a case of catarrh. We will now illustrate. Suppose you have a sore anywhere on the surface of the body (a running sore) red, swelled, and inflamed, it would be folly to try to heal that sore without first allaying the inflammation. This is done by using a plaster or poultice of some kind, which increases the flow or running of puss from the sore, and thereby exhausts the inflammation and it heals up. It is so in catarrh. It being a chronic inflammation of the mucus membrane (internal linings) of the head and nose, and that (as the word catarrh means to flow) inflamed membrane is always flowing or throwing off a mucus or watery matter, which, instead of running into the nose runs back into the throat, the effect of which is explained elsewhere. The treatment will increase this flow and create a great deal of spitting, especially after using the washes. You may be astonished at the amount of stuff that comes from your head. You may get, or think you have caught cold, but persevere and follow directions to the letter and you can cure yourself with these remedies, certain and without fail.

To make the Acetic Tincture of Blood Root, take four ounces of blood root (the fresh root is the best if you can get it; it grows on rich hill sides, along streams, and is best dug up in the early spring or late fall), after cleansing the root thoroughly, mash it and put into a bottle and pour on it six ounces of Bollman's white wine vinegar and six ounces of water; let stand 14 days, then filter through cotton batting; then, as you want to use it, add eight ounces more water. This is the medicine referred to in Nos. 1 and 3. The root and Bollman's vinegar may be had at drug stores.

This tincture is good to rub on the head in hot headaches, or good for the stomach in case of coldness or indigestion. Dose, from 2 to 10 drops in water.

We now come to the last or Third Section of Treatment. By this time the disease will be entirely destroyed and out of the system, but the parts that were diseased so long takes some time to be able to resist colds within themselves. Just the same as a person having fever. It takes months after the fever has left him to get well.

The Third Section consists in, or is the same as the Second Section, but not used all the time, just as you feel an uneasiness in the head, nose or throat, as if you had caught cold. Exercise your own judgment whether to use the inhaler or washes, or both. Sometimes there are sores in the nose, and if so, put some salve up the nose with the finger. Sometimes there is a spongy growth in the nose called polypus. In such cases wet a small piece of cotton with the tincture of blood root and push it up the nostrils until it comes in contact with the polypus. Occasionally use the Liniment on the cotton. If much foulness comes from the nose, such as bad breath, and continues to do so, take one part flour of sulphur, two parts charcoal, mix well and snuff a little up the nose three or four times a week.

Or take one part blood root and two parts bayberry root, they must be in powder, add to the sulphur and charcoal and use as snuff along with the catarrh treatment.

In cases like this where the tongue is coated white, and red edges, 3 to 5 drops of the tincture of pulsatilla can be had at homeopathic drug-

stores) taken in a little water twice a day, is very good; and also 5 drops in a tablespoonful of water and snuffed up the nose is good; or take 3 drops of the fluid extract of hydrastin in a tablespoonful of water up the nose, so it falls back into the mouth.

The last of these remedies should be used about the time you use the third section of the treatment. Also, if the palate becomes too long, make a decoction of the inner bark of white oak and gargle the throat once a day with it. Spit it out, for if swallowed it will constipate the bowels. Should you swallow it, take a physic

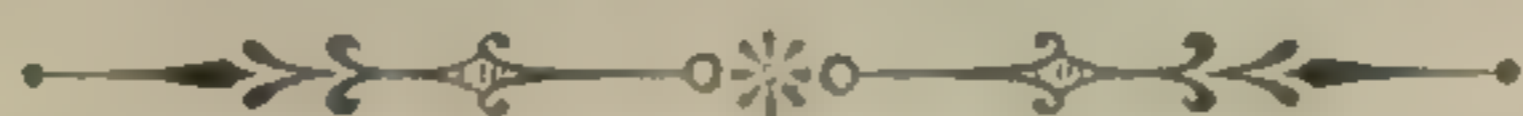
Caution.—In treating yourself for catarrh you must avoid all draughts of air. Get your stomach in good condition, eat nothing that you know disagrees with you, go about your ordinary work, don't abuse yourself, don't sit down in the open night air, and use all the treatment as directed. I care not how delicate you are, you will grow stronger and hardier than ever, but it takes time.

So persevere. You may think you are not improving,—even think you are getting worse while using the first section, but persevere to the end. It is from the second section you realize the most good

results. Remember the constitution undergoes an entire change, as every breath you take from the Inhaler permeates every avenue of the head and lungs, going direct to the blood, stimulating and enabling the system to throw off any impurities, and imparting a life giving principle that no other treatment possesses. The blood will become a beautiful red in a few weeks, for it is nature's method of treating the blood through the nose.



WOMAN, GRAND AND GLORIOUS.



If there is one moral feeling free from the impurities of earthly frailty, that tells us in its slightest breathings of its celestial origin, it is that of woman's love—the first, the fondest, the most endearing and lasting tie in which affection can bind the heart of man.

When day, with its toil, its trials, and burdens is past, how sweet to return home and find a balm for all our cares in the smiles and love of a dear wife, to whom we can unbosom ourselves, and find that happiness in her love which our weary minds so much need.

Home, sweet, home ! what hallowed influences surround it ! Sympathy, devotion, and peace are found in the heart and embrace of a devoted, faithful, and kind wife. Surely, then, home has more of heaven in it than any other place on earth. Oh, what a pure and holy emanation of heaven's mercy is implanted in the heart of the true woman, for the dearest and wisest purposes, to be the truest and most faithful friend of man ! She is the guardian angel through all the vicissitudes of life.

Were it not for woman man would have to battle the attacks of disease himself. There would be no kind and gentle voice to cheer him in his disappointments, his adverses, and his afflictions. There is no other voice so full of hope, none so full of sympathy and love, no other hand so soothing to the fevered brow. And yet how much she suffers through man's ignorance or carelessness. What injustice is done her, and how little are her sufferings cared for,—sufferings inflicted upon her through a life of domestic toil and man's ingratitude.

We cannot form a correct opinion of the mental and physical suffering endured from her sexuality and the affections of her monthly periods, which it has pleased her heavenly Father to attach to woman. Then how can man repay all the faithful tenderness of woman's devoted love? The fickleness of woman is often the result of man's carelessness. In her most excitable moments she is easily subdued with kindness. It is the duty of man, in consideration of the multiplicity of her diseases, to make allowance for her feelings.

NERVOUS DISEASES.

Nervous diseases and their causes might, in a great measure, be avoided if we would but refrain from the violation of the laws of health, and by not indulging the appetites and passions. No subject is more unwelcome, and none in which we take so little interest, as the consequence resulting from the gratification of our appetites.

We find the seat and origin of all nerve forces in the brain. It is the source of mental action. Its organic formation is affected by the action and growth of the different characteristics of the mind. The nerves generally run in pairs from the brain and spinal chord to all parts of the body. A pair of nerves are contained in one chord, one of the pair being the medium of sensation, the other of motive power. Thus the nerves are acting as telegraph wires, with the brain as the principal office, from which the dispatches are continually sent on matters pertaining to motion and sensation to all parts of the system.

Sensation and voluntary motion are not only dependent on a right electric circulation, but also

on those functions which involve involuntary action. Digestion in the stomach, and the pulsations of the heart are carried on by electric forces. If the nerve be cut that communicates with the stomach, digestion ceases; but apply an electric battery and digestion progresses again. So it is with the circulation of the blood.

From a perusal of the above facts great pains should be taken by every man and woman who cares for health. The nervous system should be preserved by controlling those habits or vicious practices which diminish, not only the physical functions, but the mental forces also, for the nervous system is the connecting medium of sympathy between mind and matter. Hence the injurious effects of the wretched habit of using alcoholic stimulants and narcotics on the nerves.



REMEDIES FOR NERVOUS DISEASES.

Perhaps the most melancholy affections of the nerves have been brought on through the workings of an unnatural and ungoverned imagination. We must then see how important it is that this faculty be regulated according to the standard of nature, and to guard ourselves from these moral infirmities and physical ills, by culturing a contented spirit, confining our wishes and propensities within the limits of reason. Everything, that produces flatulance or wind, or is hard of digestion should be avoided. Avoid all sudden changes from heat to cold, be cautious of damp feet as they excite affections and may produce fever.

Simplicity of diet is very important. When digestion is properly performed the spirits are good and the body is light and easy. But when the stomach fails in its functions, languor, debility, lowness of spirits wakefulness, bad dreams, and a host of nervous disorders is the consequence.

Among those who act without reflection, the wide distinction between prevention and cure has not been generally recognized. They are apt to think that all diseases must be cured with drugs, but this is not a fact. Broken constitutions and premature death are

most always the effects of the violation of the laws of nature, produced by false appetites and ruinous indulgences, forgetting the old proverb "an ounce of prevention is worth more than a pound of cure."

We should always find the original cause of disease, and remove it. Then the cure will be permanent and if the original cause be removed nature as a rule will do the balance of the work without the use of drugs. I think it is the most consummate quackery to prescribe to cure a disease, and the cause that produced that same disease is allowed to exist. Take for instance the majorities of headaches throat and lung troubles and dyspepsia, say all to be chronic affections female trouble and rheumatism, I find that the cause of all these troubles is catarrh of the head and to make a permanent cure you must cure the catarrh of the head.

We will now try to show you how catarrh affects the female organization, first the nose is the seat of catarrh in its incipient stage and is caused by cold or scarlet fever, dyptheria, measles, whooping cough, any disease that leaves the mucous membrane in tender condition susceptible to colds.

The parts of the body most likely to be affected by catarrh from the head is the throat, lungs, stomach, kidneys, and bladder; and in females the organs of generation. It is impossible to give all the symptoms attendant in catarrh of the various parts liable to be affected. The symptoms of catarrh in the head and throat are explained in a previous chapter. the condition of the lungs are tested by sounding. if the lungs are healthy they sound hollow and clear, but if the air in passing in and out of the lungs make a noise, as if passing through hay or a seive, there is paralysis of the lungs. If the lung does not sound hollow it is filled with mucus. In the first case the Inhaler will open up the lung and cause the blood to circulate through it. In the second case the Victor Cough Syrup should be used, also the Inhaler. The symptom of catarrh of the stomach are that of indigestion or dyspepsia, remedies for dyspepsia cure catarrh of the head; then eat nothing that lays heavily on or sours the stomach. If you feel stupid, restless, uneasy, or heavy after eating, or if your feet or hands burn after you go to bed rest assured you have eaten something that disagrees with your stomach. Exercise your own judgement and find out what disa-

grees with you, then abstain from it. If there is acid in the stomach use charcoal and mustard seeds or use pulverized golden seal, dose from 5 to 10 grains. Sourness of the bowels, with watery stools white and thickly coated tongue, little or no taste, sensations of mucus in the mouth, coldness of the extremities, etc. take 5 drops of the tincture of pulsatilla every 4 hours It will quickly cure you. For kidney disease, use the Victor Liniment internally and externally as directed elsewhere, and drink a tea made of buchu leaves one-half ounce of leaves to a pint of boiling water. Dose, half teacupful 3 or 4 times a day; Drink it cold. The same for catarrh of the bladder.

The symptoms of catarrh of the vagina not unlike the white of an egg, at times much thicker than others, usually called whites or leucorrhœa. There is also a similar substance escapes from the womb, when there is burning pain with a sense of weight, sometimes darting pains towards the lower bowels, sometimes the whole abdomen is painful to the touch, bowels constipated, tongue dry and furred, when this is the case there is inflammation of the womb.

For leucorrhœa, or whites, inflammation or enlargement of the womb, use a tea of unicorn root

and inject the following washes up the vagina :

First wash, No. 1.—One teaspoonful of the Victor Liniment to half pint of water.

Second wash, No. 2 —One teaspoonful of the tincture of blood root to half pint of water.

These washes should be thrown up the vagina three or four times a day, with a syringe, which can be had at any drug store, and will cost from 75 cents to \$1.00. Every married woman should have one and use it.

Washes Nos. 1 and 2 should be used alternately, day about, and if soreness of the parts should occur stop using for a few days, and instead use a tea of althea (marsh mellow), or soak slippery elm in water and use it for a few days; then resume the other washes. The bowels should be kept open with the pills mentioned in this book

Wash No. 3.—Take chrystalized sulphate of zinc, 1 ounce; carbolic acid, 1 drachm; glycerine, 1 ounce; alcohol, 2 ounces. Directions: dissolve the zinc in half pint of soft water, then mix the others with it, shake well, and to a tablespoonful take half a pint of soft or rain water, inject the same as the other washes. This is good in in-

inflammation and ulceration of the generative organs. Use the water quite cool for injecting.

In all these troubles to which females are subject, use a tea made from unicorn root, sometimes called false unicorn, and by some star root. To make the tea, take a tablespoonful of the root, pour over it a pint of boiling water and let it steep for an hour or two. Dose, two tablespoonfuls three or four times a day; and in flooding, or where there is danger of miscarriage, it can be taken in half teacupful doses till several doses are taken.

Unicorn root can be used in powder: dose, 10 to 30 grains, and in severe cases, as flooding and where there is danger of miscarriage, it is almost infallible, and can be taken in teaspoonful doses.

Unicorn root is one of the best known remedies for female weaknesses, and should be used more than it is. For affections or inactivity of generative organs, green sickness, suppression, painful, or excessive monthlies, or whites, it is invaluable. Also good in lung trouble, coughs, dyspepsia, or loss of appetite. Use either powder or tea, as previously directed.

HEADACHE.

Headache may be put in two classes,—Congestive and Nervous. The first is of that class where there is more or less congestion. The symptoms are, rush of blood to the head, face flushed, heat in the head, dull, heavy pain in the temples. This kind of headache is caused by the mucous membrane of the nostrils and throat being inflamed, (which is discovered on examination) and this inflammation continues throughout the entire head. The head being exposed to cold, the veins congest, or in other words, the blood remains in the head, the electric currents are obstructed and the consequence is headache. Constipation and indigestion, or anything that interferes with the free circulation of the blood, will drive the blood to the brain on account of its inflamed surroundings. This kind of headache often leads to water on the brain, brain fever, and middle-aged people to apoplexy.

Remedies: Put the feet in hot water, as hot as can be endured, and keep adding for 15 or 20 minutes, and take the pills mentioned in this work. To cure, use the catarrh treatment and get well of catarrh.

For Nervous Headache.—The relation between nervous headache and congestive headache is like that of rheumatism and sciatica—they are sometimes called twin sisters and dependent upon the system of circulating fluids, sick headache and neuralgia and all pains affecting nerve centers is caused by the membranes of the head swelling from cold or being surcharged with blood to such an extent that it presses on the nerves of the brain with such force that it interferes with the electric currents and the pain becomes sharp and terrible. The nerve of the stomach is so affected through this pressure that vomiting sometimes takes place, and hence it is called sick headache and is said to arise from the stomach. But as a rule it does not. It is the unusual effort of vomiting that relieves the nerve of its pressure. The electric current flows on, the stomach assumes its functions, and the head gets well. It is undoubtedly a fact that headache of this character is caused by pressure on the stomach nerve near the the brain, for my Inhaler relieves the ache in a short time, as also other pains of the head and face of a neuralgic character.

HAY FEVER.

Is produced by catarrh of the head and the use of the inhaler will stop the sneezing in a day or two and in a couple of weeks you will be relieved of the symptoms; but persevere with the full treatment for catarrh and it will never bother you again.

ASTHMA.

Is often either produced by catarrh of the head or of the stomach. When it is caused by the stomach, take a dose of the pills mentioned in this book, eat nothing that will sour in the stomach or produce bloating of the same; use the catarrh treatment and take the Victor Cough Syrup.

FOR NERVOUSNESS.

Where there is restless and irritable conditions in wakefulness, etc., take tincture of valerian (can be had at the drug store) dose, from one to two teaspoonfuls 3 or 4 times a day; or one or two grains gum camphor will be found to be very vivifying. Take several times a day.

Tincture of cimicifuga is prepared by taking four ounces black cohosh (known by the country people by

the name of rattle weed) it sends up a stem 3 to 6 feet high, with white blossoms which appear about harvest, when ripe the shells on the top rattle. The root is black on the outside, irregular in shape with many fibres. To 8 ounces of 95 per cent alcohol and 8 ounces of water, or one pint whiskey, bruise the root with a wooden mallet, put on it either the whiskey or alcohol and water, let it stand fourteen days and it is ready for use. Dose from 15 to 40 drops three times a day.

For Felons or Bunions, apply cotton wet with Victor Liniment and continue till the pain has gone. For Corns, pare the corn till it bleeds and apply as for felons. For bites of insects, stings, frost bites, apply the Liniment with cotton.

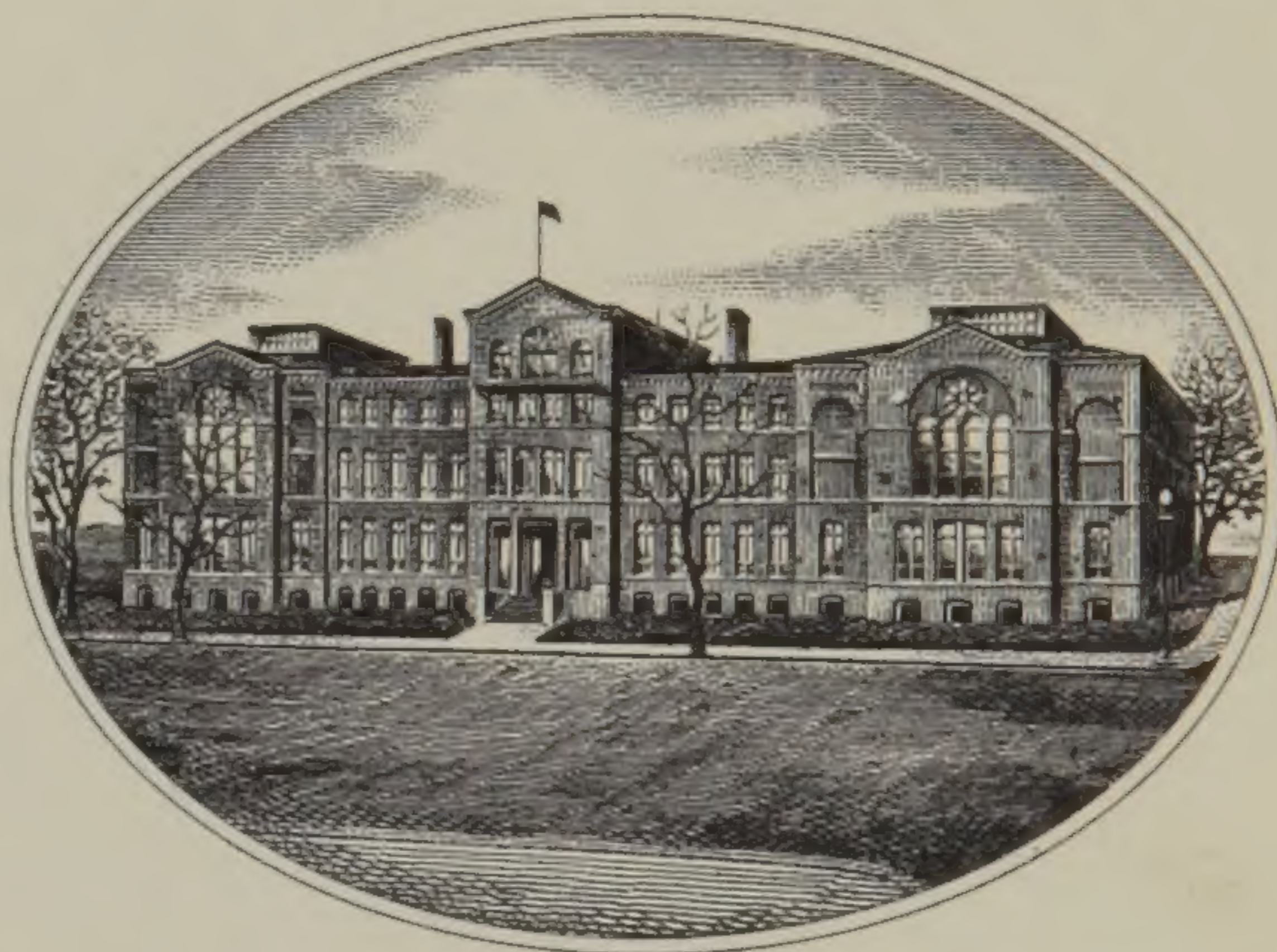
The doses mentioned in this book are for adult persons. The following table of doses are always prescribed and should be used with discretion, according to the constitution of the patient and state of the case at the time of prescribing:

A person from 15 to 20 years of age may take two-thirds of a dose intended for a full grown person or adult; from 9 to 14, one-half; from 6 to 9, one-third; from 4 to 6, one-fourth; from 2 to 4, one-sixth; from 1 to 2, one-tenth; below one year, one-twelfth. A dose for a woman should be less than for a man.

This book is written for the people. It is free from technical terms, written in language that a child can understand, and contains information, which if used with proper judgment, will prove more valuable in a family than gold. Lay down your prejudices, if you have any, read it, study it, apply it with care and it will be a lasting benefit to you and yours.



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